©Copyright by Croatian Cardiac Society. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (https://creativecommons.org/licenses/by/4.0/) which permits users to read, download, copy, distribute, print, search, or link to the full texts of these articles in any medium or format and to remix, transform and build upon the material, provided the original work is properly cited and any changes properly indicated.

The role of the pharmacist in the care of a patient with arterial hypertension

Marijana Radionov*

Mandis Pharm, Zagreb, Croatia

KEYWORDS: arterial hypertension, pharmacist, antihypertensive therapy, adherence, blood pressure.

CITATION: Cardiol Croat. 2026;21(11-12):291. | https://doi.org/10.15836/ccar2026.291

***ADDRESS FOR CORRESPONDENCE:** Marijana Radionov, Bijenik 35 b, HR-10000 Zagreb, Croatia. / Phone: +385-98-716-144 / E-mail: marijanaradionov@gmail.com

ORCID: Marijana Radionov, https://orcid.org/0009-0002-2277-7681

Arterial hypertension is one of the most important risk factors for the development of cardiovascular diseases, stroke, and kidney damage. Despite the availability of effective antihypertensive medications, achieving target blood pressure values and ensuring regular adherence to prescribed therapy remain significant challenges. *Aim*: to highlight the role of pharmacists in optimizing pharmacotherapy, improving patient adherence, and achieving better control of arterial hypertension.

Pharmacists are the most accessible healthcare professionals and play an important role in educating patients about the proper use of medications, potential adverse effects and drug interactions, and the importance of treatment persistence. They can also identify drug-related problems and situations requiring medical assessment, particularly in patients taking multiple medications or independently modifying or discontinuing their therapy.

The 2024. European Society of Cardiology (ESC) Guidelines emphasize the importance of accurate blood pressure measurement, lifestyle modifications, and collaboration among all healthcare professionals involved in patient care[1]. Pharmacists can advise patients on lifestyle changes, including dietary modifications, regular physical activity, maintaining a healthy body weight, and smoking cessation. By improving medication adherence, pharmacists can contribute to better treatment outcomes.

According to data from the Agency for Medicinal Products and Medical Devices of Croatia, medications acting on the renin–angiotensin system, including angiotensin-converting enzyme inhibitors and angiotensin receptor blockers, were the most frequently prescribed therapeutic drug class in Croatia between 2019 and 2023. In 2023, their consumption amounted to 224.66 defined daily doses per 1,000 inhabitants per day[2]. These data indicate the substantial use of these medications in treatment; however, they do not allow for a direct assessment of blood pressure control or patient adherence. The prescribing of fixed-dose combination medications may further improve adherence and treatment effectiveness[1].

The active involvement of pharmacists in patient education, pharmacotherapy monitoring, and collaboration with physicians can contribute to safer use of antihypertensive medications, improved adherence, and more effective blood pressure control. Pharmacists therefore play an important role in the multidisciplinary care of patients with arterial hypertension and in the prevention of cardiovascular complications.

RECEIVED:
October 22, 2026

UPDATED:
November 4, 2026

LITERATURE

1. McEvoy JW, McCarthy CP, Bruno RM, Brouwers S, Canavan MD, Ceconi C, et al. 2024 ESC Guidelines for the management of elevated blood pressure and hypertension. Eur Heart J. 2024;45(38):3912-4018. https://doi.org/10.1093/eurheartj/ehae178
2. Agency for Medicinal Products and Medical Devices of Croatia (HALMED). Consumption of Medicinal Products in Croatia 2019-2023. Zagreb: HALMED; 2024. https://halmed.hr/fdsak3jnFsk1Kfa/publikacije/Potrosnja-lijekova-u-Hrvatskoj--2019-2023.pdf